Pros and Cons of Probiotics

Probiotics are live microorganisms that, when administered in adequate amounts, confer benefits to health. Probiotics are associated with reduced risk of cardiovascular disease, obesity, and type II diabetes. Dehydrated bacteria in probiotics may not be the best option. While DNA is still present the research is unclear on whether this can impact the host microbiome.

What makes up the Gut Microbiome?

- Trillions of bacteria!
- Streptococcus
- Staphylococcus
- Bifidobacterium
- Lactobacillus
- Enterococcus
- Also, commensal fungi, archaea, virus, yeast, and parasites are present

This week’s takeaways

1. Probiotics are live microorganisms that, when administered in adequate amounts, confer benefits to health.
2. Probiotics are associated with reduced risk of cardiovascular disease, obesity, and type II diabetes.
3. Dehydrated bacteria in probiotics may not be the best option. While DNA is still present the research is unclear on whether this can impact the host microbiome.